



# ST. DOMINIC'S COLLEGE, KANJIRAPALLY

AFFILIATED TO MAHATMA GANDHI UNIVERSITY KOTTAYAM

RE-ACCREDITED WITH A GRADE BY NAAC

ABSORB & RADIATE



## **Extension & Outreach Programs 2023-24**



### 1. A Day with Books - World Book Day Celebration – 23 April, 2023

On 23rd April 2023, the NSS unit celebrated World Book Day with an event titled "A Day with Books." The objective of this event was to encourage a love for reading among the volunteers and to inspire them to explore the wisdom found in books.

Ms. Diya, an NSS volunteer, took the initiative to explain and discuss the book *Ignited Minds* by Dr. A.P.J. Abdul Kalam. Through her engaging presentation, she motivated the volunteers to dream big and work towards the betterment of society, aligning with the visionary thoughts of Dr. Kalam.



### 2. International Labour Day - 1<sup>st</sup> May, 2023

NSS observed International Labour Day with the objective of spreading awareness about workers' rights and recognizing their invaluable contributions. To mark the occasion, the volunteers created a poster that highlighted the significance of labour and the rights of workers.

The volunteers gathered on campus and participated in *Shramdaan* as a symbolic gesture to honor the hard work and dedication of labourers. This initiative not only raised awareness but also fostered a sense of respect for the dignity of labor among the participants.

No. of Participants: 80



### 3. Anganwadi Painting and Maintenance 3-15 May, 2023

NSS undertook a major project supported by the Jal Jeevan Mission, focusing on the painting and beautification of five Anganwadi centers within the Parathode Panchayath. The project aimed to enhance the aesthetic appeal and overall environment of these centers, benefiting the children and the community.

The main activities included cleaning the premises, painting the walls, creating decorative art, and adding awareness pictures. The project covered five Anganwadi centers located in Palampra, Vadakkemala, Maliyekkal, Chira, and Ponmala, significantly improving the ambiance of these important community spaces.

No.of Participants: 60

Beneficiaries: More than 95 Children of 5 Anganwadis



#### 4. Yuvatha 2023 - State-Level Leadership Camp

*Yuvatha 2023*, a State-Level Leadership Camp held at Bharatmata College, Thrikkakara from 17th to 19th May 2023. Representing our college, the volunteer secretary, Ms. Bhagyalakshmi Raj, demonstrated exceptional leadership skills and active participation throughout the camp. Her outstanding performance earned her the title of Best Camper, bringing pride and recognition to the NSS unit and the college.



#### 5. Mothers Day 12 May 2023

On 12th May 2023, the NSS unit observed Mother's Day with a unique approach to honor motherhood. Each volunteer took this opportunity to assist their mothers with household chores, recognizing the hard work and dedication of their mothers.

Additionally, the volunteers created and presented personalized Mother's Day cards as a token of their love and appreciation. This heartfelt gesture not only celebrated the essence of motherhood but also strengthened the bond between the volunteers and their mothers.



#### Service at Home

#### 6. General Meeting of NSS and Selection of Office Bearers for 2023-2024

On May 15, 2023, a formal NSS meeting was convened to address the volunteers and appoint the volunteer secretaries and captains for the year. The meeting was presided over by Dr. Jojy Thomas, the NSS Programme Officer.

After careful consideration, Sri. Athul Krishnan from II BCom and Ms. Bhagyalakshmi Raj from II BCom Model I were elected as NSS volunteer secretaries, based on their demonstrated dedication and commitment to NSS principles.

Additionally, Anowin S of BSc Mathematics and Arundhati Bose of BSc Chemistry were selected as NSS volunteer captains for their enthusiastic leadership qualities, which will be crucial in guiding and motivating their fellow volunteers.

#### **7. Meeting of the NSS Advisory Committee**

On May 15, 2023, a meeting of the advisory committee was convened, chaired by Dr. Seemon Thomas, the principal of the college. The purpose of the meeting was to review and discuss the programs and activities carried out by the NSS unit during the academic year 2022-2023. The advisory committee acknowledged and appreciated the dedicated efforts of the NSS volunteers during this period.

Additionally, the meeting included thorough discussions on the proposed action plan for organizing activities in the upcoming academic year, 2023-2024. The committee meticulously deliberated on this plan, which outlines the intended initiatives and events.

#### **8. National Dengue Day 16<sup>th</sup> May 2024 - Awareness Rally**

The National Service Scheme, in collaboration with Parathode Panchayath and Mary Shorten from Queens Hospital, successfully organized an Awareness Rally on National Dengue Day. The rally aimed to raise awareness about dengue prevention, control, and community involvement in combating this disease. The event took place from Podimattom to Parathode Panchayathpadi,

Objectives: focusing on educating the local community about dengue dangers and prevention measures.

Total no. of participants: 190

#### **9. Thelineer Ozhukum Navakeralam (Chittarpuzha River Cleaning Project)**

The NSS volunteers of St. Dominic's College successfully implemented the Chittarpuzha River Cleaning Project throughout the academic year, focusing on cleaning and restoring the Chittar River's tributaries in the Parathode and Kanjirapally regions. On May 18, 2024, NSS volunteers cleaned the Chittarpuzha near Parathode Panchayath office in preparation for the monsoon rainfall. Key activities included removing plastic waste, reforesting riverbanks, and raising public awareness about river conservation, which were carried out throughout the year.

**Community Impact:** The project achieved a significant reduction in pollution, improved water quality, and revitalized riverbanks, fostering strong community engagement and participation in environmental sustainability efforts.

Total participants: 200 NSS volunteers, Parathode Panchayath Members & Local people.

#### **10. World Environment Day Celebration 05<sup>th</sup> June 2023: 51 Fruit Trees on the Campus & 210 Saplings Planted Locally**

NSS celebrated World Environment Day with a tree-planting campaign aimed at promoting environmental conservation. The event was inaugurated by Principal Dr. Seemon Thomas, who planted a fruit tree on the college campus, marking the beginning of the initiative. As part of the campaign, 51 fruit trees were planted on the campus, and an additional 210

saplings were planted in various locations within the community. This effort demonstrated the NSS unit's commitment to enhancing local biodiversity and contributing to a greener environment.

### Environment Day



### Blood Donor Day

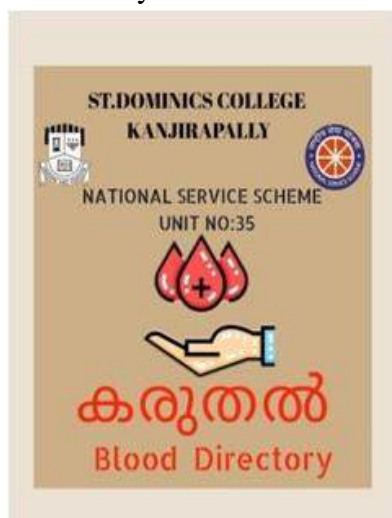
#### 11. World Blood Donor Day (June 14<sup>th</sup>) - Orientation Session

On June 17, 2023, an orientation session on "Donate Blood and Save Lives" was conducted by Mr. Shibu Thekkemattam, General Convener of the District Blood Donors Council, Kottayam. Mr. Thekkemattam highlighted the importance of regular blood donation and dispelled common misconceptions. The event, concluded with an interactive session, effectively raising awareness about the critical role of blood donors in saving lives.

Total participants: 185

#### 12. NSS Blood Donors Forum & Blood Donors Directory

The NSS unit has established a Voluntary Blood Donors Forum, demonstrating a strong commitment to supporting local healthcare needs. NSS maintains an annually updated Blood Donors Directory, which serves as a vital resource for providing blood to patients in nearby hospitals. Currently, the forum includes 485 voluntary donors, reflecting the dedication of the NSS volunteers to regularly donate blood and contribute to life-saving efforts within the community.



NO	NAME	BLOOD GROUP	MOBILE NUMBER	DISTRICT	PLACE
1	Joshi Babby	A+	984676096	Kottayam	Kanjirappally
2	Devika Anilkumar	A+	984113472	Kottayam	Thampolokadu
3	Mithun var	A+	6238497838	Kottayam	Muttappally
4	Sona Joseph	A+	8113957257	Malappuram	Kalikavu
5	Pv Neelakandan	A+	9494682099	Alappuzha	Moosankutty
6	Ashithya A	A+	899929793	Palakkad	Chiduvu
7	Nikhita PB	A+	977834713	Kottayam	Mukkaly
8	Merin jhony	A+	809372382	Idukki	Mukkulam
9	Anekha menoj	A+	775089827	Kottayam	Puthucode
10	Anushka PB	A+	964488297	Kottayam	Cherappally
11	Sivapriya PB	A+	9645388284	Kottayam	Koottickal
12	Allyia Naufal	A+	9496113941	Kottayam	Panamattam
13	Isaya Clara George	A+	9544181893	Kottayam	Ischiyam
14	Ashna Ansa Mathew	A+	964572043	Kottayam	Anakkal
15	Jerry Manu	A+	9749956179	Kottayam	Chirakkadavu
16	Vinodha Rajan	A+	7990603360	Kottayam	Koottickal
17	Priya Elizabeth Cherian	A+	9542962275	Kottayam	Parassankulam
18	Ashana Esha Thomas	A+	8900827665	Kottayam	Chengulam
19	Anjana Mui FA	A+	7907817867	Kottayam	Erumaly
20	Anusma MR	A+	628889994	Kottayam	Ambhavesal
21	See Anil Mathew	A+	8364938818	Kottayam	Anakkal
22	Ajin Kaveelackal	A+	7025148053	Kottayam	sunnumthangam
23	Shilpa Mui KS	A+	7904609848	Kottayam	Uttarakudi
24	Ashu Joseph	A+	796202498	Kottayam	Kanjirappally
25	Anushka A Anil	A+	8078945447	Kottayam	Peyyaly, Koottickal
26	Sonia Varghese	A+	839042790	Kottayam	Anakkal
27	Sreya Menamparambath	A+	7960961594	Kottayam	Anthuram
28	Suresha Suresh	A+	890707362	Kottayam	Cheruvannur
29	Sayathi C Raj	A+	7902338629	Kottayam	Weyyand
30	Anjo Maria Sebastian	A+	9495481236	Idukki	Kattappana
31	Ashu S	A+	9841130516	Idukki	Thoodupuzha
32	Parvathi Ravendranathan	A+	9496842791	Kottayam	Thampolokadu
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#### 13. Blood Donation Activity under NSS – 439 donations

During the academic year 2023-2024, NSS volunteers have actively contributed to local healthcare by donating blood to various institutions, including Medical College, Kottayam; Mar Sleeva Medicity; Caritas Hospital, Kottayam; and Govt. Taluk Hospital, Kanjirapally. A total of 439 donations including the 55 at Blood donation camp were made during the academic year 2023-2024, showcasing the volunteers' commitment to supporting those in need.



#### 14. International Yoga Day Celebration 21<sup>st</sup> June 2023

On International Yoga Day, NSS initiated a transformative event highlighting the physical, mental, and spiritual benefits of yoga. NSS volunteer and Yoga Trainer Ms. Aparna Ajikumar led the session, providing insightful training on the holistic impact of yoga.

Participants were guided through various asanas and pranayama techniques, focusing on enhancing flexibility, balance, and inner peace. The event, led by Yogacharya N Haridas, made a lasting impression on attendees. The training sessions and discussions emphasized yoga's significance as a powerful tool for overall well-being and mental rejuvenation.

No. of Participants: 200



#### 15. Visit to Nallidayan Ashramam for Disabled Girls and Women – 18<sup>th</sup> June 2023

On 18<sup>th</sup> June 2023, NSS volunteers from St. Dominic's College made their first visit of the year to Nallidayan Ashramam for Disabled Girls and Women, as part of their ongoing initiative to bring joy and companionship to the residents.

The 30 volunteers organized entertainment activities, interactive games, and engaging sessions tailored to the needs of the 45 inmates, creating a positive and inclusive atmosphere filled with laughter and camaraderie.



### **16. International Day Against Drug Abuse – Awareness Seminar**

On June 26<sup>th</sup>, 2022, an Awareness Seminar was held in observance of the International Day Against Drug Abuse. Led by Sri. K S Suresh, Circle Inspector of Excise, Ponkunnam. The seminar enlightened participants about the severe consequences of drug and alcohol abuse.

The primary focus was on educating attendees about the harmful effects on individuals, families, and society, while also preparing them to combat the growing issue of substance abuse, particularly among the youth.

No. of Participants: 200



### **17. Disaster Management Core Team Formation at College Level - 06<sup>th</sup> July 2023**

NSS unit formed a College-Level Disaster Management Core Team of 20 volunteers as directed by MG University NSS Cell on 6<sup>th</sup> July 2023, providing intensive training on various aspects of disaster management, including mitigation strategies and immediate response techniques.

The trained core team members are now equipped to act swiftly in emergencies and have begun training other volunteers and students in the college. This initiative aims to enhance our institution's preparedness and resilience in the face of potential disasters in our locality.

### **18. Eye Donation Consent Forms to Govt. Medical College, Kottayam**

In a commendable initiative, 73 NSS volunteers demonstrated their commitment to social responsibility by filling out and submitting eye donation consent forms. These forms were officially handed over to the Government Medical College, Kottayam.

This collective effort reflects the spirit of compassion and community service of our NSS unit and also raises awareness about the importance of eye donation.



**19. Njangalum Krishiyilekku: Agriculture Training – 11-08-2023**

The training program focused on enhance students skill in Farming. The program was jointly organized by the National Service Scheme (NSS), the Department of Botany, and the BVoc Department in collaboration with the Agriculture Office, Parathode. Aimed to empower NSS volunteers and students with knowledge and practical insights into Systematic Household Farming, enabling them to optimize their home-based agricultural practices.

The session was expertly led by Assistant Agriculture Officer, Sri. E A Niyas. His extensive experience and expertise in the field added depth and value to the training.

**Seed Distribution:** One of the program's highlights was the distribution of seed packets to all participants. These seed packets served as tangible resources for participants to implement the principles they learned during the training.

Participants: 240



**20. “Jai Bharat” Independence Day Quiz at Adopted School – 14th August 2023**

On 14th August 2023, the NSS unit organized the "Jai Bharat Independence Day Quiz" at the adopted school, Govt. HS Edakkunnam. NSS volunteer Jerin James served as the quiz



master, leading an engaging and educational competition. The winners were awarded certificates and medals, recognizing their knowledge and participation.

The program not only helped improve the organizational skills of the volunteers but also fostered a sense of national pride among the school students, making it a memorable and meaningful event.



## 21. Celebration of Independence Day - 15/08/2023



## 22. Forgotten Heroes - NSS initiative for Collecting Biographies of Local Freedom Fighters

NSS unit of our college undertook a meaningful initiative to document the biographies of freedom fighters from our locality, whose contributions are not widely recognized in mainstream history. Through this project, the volunteers identified and collected the stories of great personalities like Koruthod Raveendran Vaidyan.

Volunteers conducted interviews with local historians, family members, and other sources, to uncover the significant roles these individuals played in India's struggle for freedom.

The initiative has brought to light the importance of recognizing and honoring the contributions of lesser-known freedom fighters, ensuring that their stories are remembered and shared with future generations.

**നിരവധിമാർ - മലയാളം**

സംസ്ഥാനത്തിലെ അനേകം നൂറ്റാണ്ടുകളുടെ പാരമ്പര്യമുള്ള കലാരൂപങ്ങളെ സംരക്ഷിക്കാനും അവയുടെ മൂല്യം വർദ്ധിപ്പിക്കാനും ആയിട്ടുള്ളതാണ് ഈ പദ്ധതി. ഇതിന്റെ ഭാഗമായി സംസ്ഥാനത്തിലെ വിവിധ ഭാഗങ്ങളിൽ നിന്നും തിരഞ്ഞെടുക്കപ്പെട്ടവർക്ക് പണം അനുവദിക്കുന്നതിന് സാധിക്കും. ഇതിന്റെ ഭാഗമായി സംസ്ഥാനത്തിലെ വിവിധ ഭാഗങ്ങളിൽ നിന്നും തിരഞ്ഞെടുക്കപ്പെട്ടവർക്ക് പണം അനുവദിക്കുന്നതിന് സാധിക്കും.

പുനർനിർമ്മാണ പ്രവർത്തനങ്ങൾ പൂർത്തിയാക്കുന്നതിനായി പണം അനുവദിക്കുന്നതിന് സാധിക്കും. ഇതിന്റെ ഭാഗമായി സംസ്ഥാനത്തിലെ വിവിധ ഭാഗങ്ങളിൽ നിന്നും തിരഞ്ഞെടുക്കപ്പെട്ടവർക്ക് പണം അനുവദിക്കുന്നതിന് സാധിക്കും.

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22. ഈ പദ്ധതിയുടെ ഭാഗമായി സംസ്ഥാനത്തിലെ വിവിധ ഭാഗങ്ങളിൽ നിന്നും തിരഞ്ഞെടുക്കപ്പെട്ടവർക്ക് പണം അനുവദിക്കുന്നതിന് സാധിക്കും. ഇതിന്റെ ഭാഗമായി സംസ്ഥാനത്തിലെ വിവിധ ഭാഗങ്ങളിൽ നിന്നും തിരഞ്ഞെടുക്കപ്പെട്ടവർക്ക് പണം അനുവദിക്കുന്നതിന് സാധിക്കും.

1946-ൽ ഉണ്ടായ പ്രശ്നങ്ങൾക്കു മധ്യേ, സംസ്ഥാനം 13-ലെ പുനർനിർമ്മാണ പ്രവർത്തനങ്ങൾ നടത്തി. പണം അനുവദിക്കുന്നതിന് സാധിക്കും. ഇതിന്റെ ഭാഗമായി സംസ്ഥാനത്തിലെ വിവിധ ഭാഗങ്ങളിൽ നിന്നും തിരഞ്ഞെടുക്കപ്പെട്ടവർക്ക് പണം അനുവദിക്കുന്നതിന് സാധിക്കും.

1947-ൽ ഉണ്ടായ പ്രശ്നങ്ങൾക്കു മധ്യേ, സംസ്ഥാനം 15-ലെ പുനർനിർമ്മാണ പ്രവർത്തനങ്ങൾ നടത്തി. പണം അനുവദിക്കുന്നതിന് സാധിക്കും. ഇതിന്റെ ഭാഗമായി സംസ്ഥാനത്തിലെ വിവിധ ഭാഗങ്ങളിൽ നിന്നും തിരഞ്ഞെടുക്കപ്പെട്ടവർക്ക് പണം അനുവദിക്കുന്നതിന് സാധിക്കും.

**23. Waste Management Survey and Awareness Campaign – 19 August 2023**

NSS volunteers initiated a comprehensive survey on household waste management and plastic waste disposal in Parathode Panchayath. As part of the "Litter Free Parathode" campaign, they conducted an awareness drive to educate residents on reducing plastic waste. Volunteers distributed awareness notices to households, emphasizing the importance of minimizing plastic usage and proper waste disposal practices.

Participants: 110



**24. SEVA - Leadership Training Program - 20 August 2023**

NSS unit, in collaboration with Nehru Yuva Kendra, initiated the "SEVA – Service and Empowerment Through Voluntary Action" leadership training program. The event featured Dr. Jipson Varghese, Assistant Professor at St. Dominic's College, as a resource person, who provided valuable insights on leadership and service. Additionally, Ms. Jithu Sam, Regional Coordinator of Nehru Yuva Kendra, conducted a session, further enriching the participants' understanding of effective leadership and community service.



**25. Women Empowerment Programme: Bridging the Gap – 15th August 2023**

On 15th August 2023, NSS organized a Women Empowerment Programme titled "Bridging the Gap: Achieving Gender Equality in the 21st Century." The event featured a discussion led by social worker Ms. Deepa Kurian, who spoke on women's issues and the importance of gender equality.

The session also included a pledge-taking ceremony, where participants committed to promoting and supporting gender equality in their communities. This programme aimed to raise awareness and inspire action toward achieving true gender equality.



**26. Orientation for First Year NSS Volunteers - 19 August 2023**

An orientation program for first-year NSS volunteers was held on 19 August 2023 at the college auditorium. The event was inaugurated by Dr. Seemon Thomas, Principal of the college.

The first session was led by Dr. Ajish K. R., NSS Kottayam District Coordinator, who provided an overview of the vision and mission of NSS, emphasizing the importance of teamwork. In the second session, Dr. Jojoy Thomas detailed the various camps and activities organized by the NSS, giving volunteers a comprehensive understanding of what to expect and how to contribute effectively.





## 27. Oppam: School Adoption Project

As part of the Oppam Project, the NSS adopted two schools: Government High School, Edakkunnam, and Palampadom LP School, Chotty. Various supporting activities were carried out to enhance the educational environment and support the students in these schools. The initiative aimed to provide additional resources and support to foster a better learning experience for the students.

## 28. Vegetable Garden Setting at Palampadom LP School – 19th August 2023

On 19th August 2023, as part of the Oppam Programme, the NSS unit of St. Dominic's College, Kanjirapally, established a vegetable garden at Palampadom LP School. This initiative aimed to promote sustainable practices and provide a hands-on learning experience for the students. The garden not only enhances the school's environment but also supports educational activities related to agriculture and healthy living.



## 29. Skill Acquisition and Waste Management: Paper Bag Making Training – 19 August 2023

On 19 August 2023, the NSS unit organized a training program titled "Skill Acquisition and Waste Management: Paper Bag Making." The session aimed to equip participants with practical skills in creating eco-friendly paper bags, promoting sustainable practices and effective waste management.

During the training, participants were taught how to craft paper bags using newspapers and recycled paper. The hands-on session emphasized the importance of reducing plastic waste and provided an alternative solution that contributes to environmental conservation.



**At College**



**At School**

**30. Paper Bag Making Training and Environmental Awareness - Oppam Project, 22 August, 2023**

NSS volunteers from our college visited Government High School, Edakkunnam, one of our adopted schools, to conduct a training session on making paper bags. The students were taught how to create bags using newspapers and recycled paper, promoting sustainable practices and reducing plastic waste.

An awareness class on "Eco-Friendly Paper Bags for a Clean Environment" was delivered by volunteer secretary Bhagyalakshmi Raj. During the session, the importance of plastic prevention techniques was highlighted. The talk also covered practical alternatives to plastic, encouraging students to adopt eco-friendly practices in their daily lives.

**31. "Niravu" Project: Onam Kit Distribution for Palliative Patients' - 24& 28 August 2023**



**32. Booth Beautification for Puthupally By-election - 4th September 2023**

50 NSS volunteers from St. Dominic's College participated in the booth beautification project for the Puthupally by-election under the SVEEP initiative.

The volunteers worked on enhancing the appearance of booths at Nair Service Society HS Kothala and NSS Karayoga Mandiram Madappad. Utilizing natural materials like bamboo, leaves, and recycled paper, they created eco-friendly and visually appealing booths to promote voter awareness and engagement in the electoral process.

**33. Volunteering Duties as Special Police Officers for Puthupally By-Election – 5th September 2023**

On 5th September 2023, 20 NSS volunteers from St. Dominic's College took on special duties as police officers during the Puthupally by-election. Their involvement included assisting with election security and ensuring smooth conduct at polling stations. This participation

underscored the volunteers' commitment to civic duties and supported the orderly management of the electoral process.



### 34. Volunteer Secretaries Training Camp – 8th to 9th September 2023

Volunteer Secretaries Training Camp held at BVM Holycross College, Cherpunkal. Our volunteer secretaries, Athul Krishnam M and Bhagyalakshmi Raj, attended the camp, where they engaged in various training sessions designed to enhance their skills and leadership capabilities. This camp provided them valuable insights and tools to effectively manage and lead NSS activities in our unit.



### 35. Ayushman Bhav – District Level Blood Donation Camp – 29th September 2023

On 29th September 2023, the NSS unit of St. Dominic's College organized the Ayushman Bhav District Level Blood Donation Camp. The camp was inaugurated by Poonjar MLA Sri. Sebastian Kulathunkal. A total of 55 students from the college participated in the event, donating blood and contributing to a vital cause. The successful camp highlighted the students' commitment to supporting healthcare and saving lives.



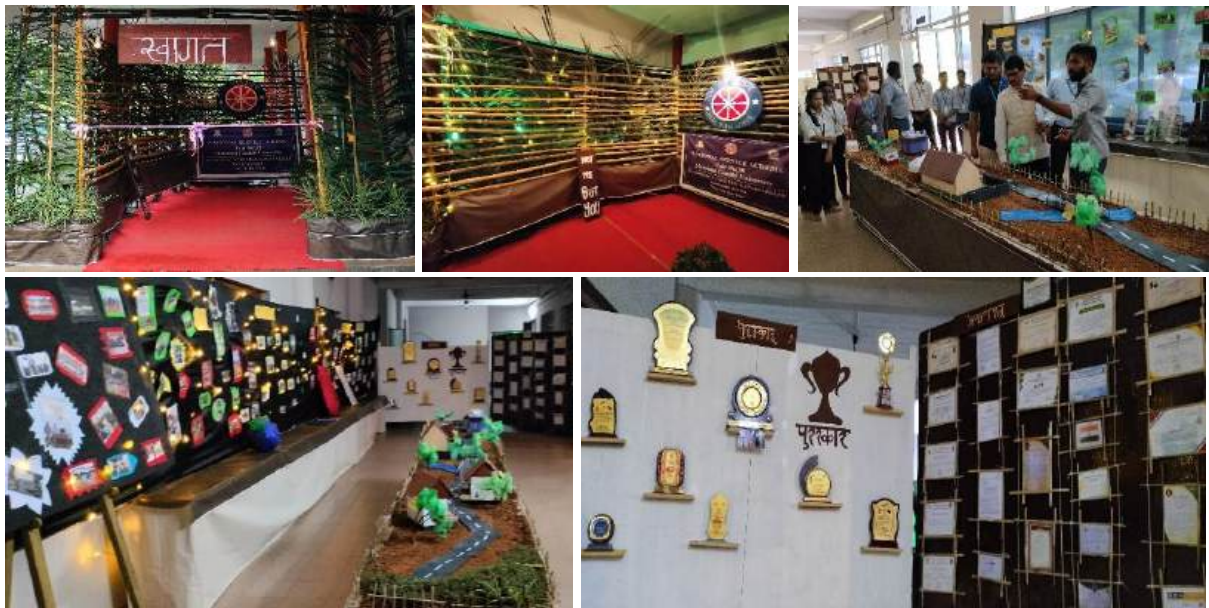
### 36. "Ek Thareekh Ek Ghanta" Cleanliness Drive – 1st October 2023

On 1st October 2023, the NSS unit participated in the "Ek Thareekh Ek Ghanta" Cleanliness Drive, a Swachh Bharat initiative by the Government of India. Volunteers dedicated one hour to cleaning activities and uploaded photos of their efforts as part of the campaign. The college received a certificate from the Government of India in recognition of their contribution to promoting cleanliness and environmental hygiene.



### 37. NSS Exhibition as part of NAAC Visit – 25 & 26 October, 2023

Exhibited major activities of NSS Unit, NAAC peer team appreciated the activities of NSS during the last five years. The exhibition was open for public also. Many alumni who were former NSS volunteers appreciated the efforts of NSS volunteers. They also shared their memories as NSS volunteers.



### 38. Cut Cut for a Smile – Hair Donation Camp – 25th September 2023

NSS organized the "Cut for a Smile" Hair Donation Camp in association with the Amala Cancer Research Institute. During the camp, 35 participants donated their hair to be used in making wigs for cancer patients who have lost their hair due to treatment. This initiative aimed to provide comfort and support to those affected by cancer, demonstrating the volunteers' commitment to community welfare and compassionate service.



**39. Celebration Gandhi Jayanti Celebration – 2nd October 2023**

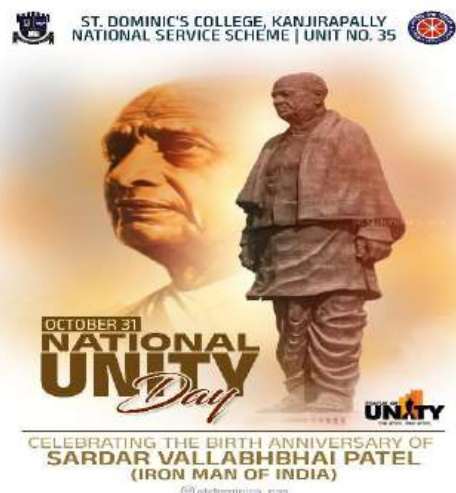
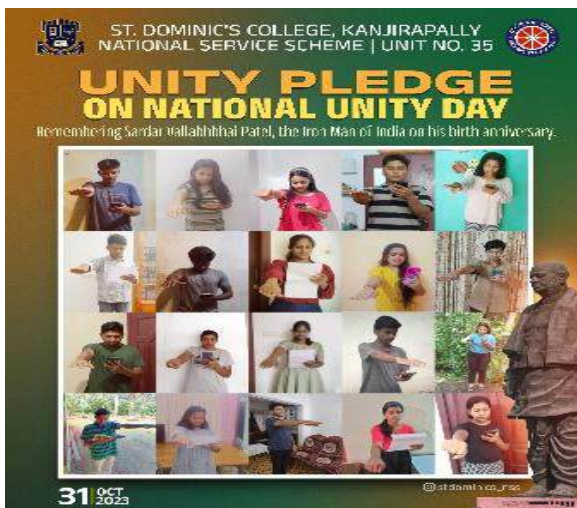
On 2nd October 2023, in honor of Gandhi Jayanti, NSS unit conducted a cleanliness drive and green initiative. Volunteers cleaned the campus surroundings and planted 240 new saplings around their residential areas. These activities not only celebrated the principles of Mahatma Gandhi but also contributed to environmental conservation and community well-being.



**40. Pledge-Taking on Rashtriya Ekta Diwas (National Unity Day) – 31st October 2023**

On 31st October 2023, the NSS unit of St. Dominic's College observed Rashtriya Ekta Diwas (National Unity Day) by organizing a pledge-taking ceremony.

Participants took an oath to uphold national unity and integrity, reinforcing their commitment to fostering a sense of national pride and solidarity. This event aimed to celebrate and promote the values of unity and national integration.





#### 41. World Immunization Day - 10th November 2023

On 10th November 2023, the NSS unit of St. Dominic's College actively participated in a rally and flash mob organized under the auspices of Arogya Keralam, Government of Kerala, to mark World Immunization Day.

The events aimed to raise awareness about the importance of immunization and promote public health. Through their enthusiastic involvement, the NSS volunteers contributed to spreading critical health messages and supporting the campaign's goals.



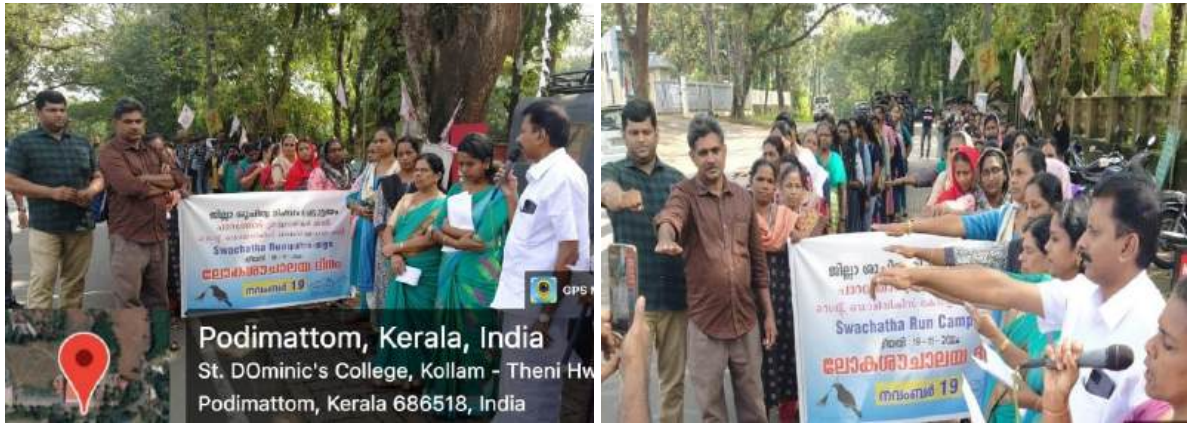
#### 42. "MGU Team on Spot" Disaster Management Training Program at CMS College 11<sup>th</sup> November 2023

Twenty volunteers along with programme officer Dr. Jojy Thomas participated in the "MGU Team on Spot" University Disaster Management Team Training Program – CMS College Kottayam



#### 43. Swachhata Run on World Toilet Day – 19 November, 2023

Suchitwa Mission Kottayam, Parathode Grama Panchayath, and the NSS unit of St. Dominic's College joined hands to conduct a Swachhata Run awareness rally in Parathode Panchayath on World Toilet Day. The event aimed to raise awareness about the importance of sanitation and the need for all human beings to have access to proper facilities. The rally was flagged off by Panchayath President Vijayamma Vijayalal.



#### 44. World AIDS Day - Awareness Class -1st December 2023

On 1st December 2023, the NSS unit hosted an awareness class for World AIDS Day. Dr. Mathew Thomas, Superintendent of Government Hospital Peruvanthanam, led the session, providing valuable insights and information about HIV/AIDS. The class aimed to enhance awareness, educate participants about prevention and treatment, and promote understanding and support for those affected by the disease.



#### 45. Voter ID Registration Camp – 7th December 2023

On 7th December 2023, the NSS unit of St. Dominic's College organized a Voter ID Registration Camp, featuring a training and awareness session led by Sri. Biju G Nair, Deputy Tahasildar, SVEEP and Electoral Office, Kottayam, Kerala. The camp focused on educating participants about the voter registration process and its significance. As a result, 111 new voters were successfully registered, highlighting the NSS unit's commitment to promoting civic engagement and electoral participation.



#### 46. *Ini Njan Ozhukatte: Chittarpuzha Punarjani - Rejuvenating Water Streams*

The rejuvenation and regeneration of water streams through community participation is a key initiative of the Haritha Keralam Mission, Govt of Kerala. Since 2019, the NSS Unit of SD College has been actively contributing to this mission. As part of the project, the NSS volunteers played a vital role in cleaning and reviving Chittarpuzha, a tributary of the Manimalayar River on December 10 & December 17, 2023.

In addition to the physical restoration efforts, the volunteers also conducted surveys of houses and shops near Chittarpuzha and distributed awareness notices to educate the local community on the importance of maintaining clean waterways.

Total Participants: 110



#### 47. *Sneharamam - Green Initiative: Clearing Waste and Creating a Garden*

The NSS Unit of SD College embarked on a significant environmental project as part of the 'Sneharamam' government initiative, aimed at making Kerala greener. This project, supported by the Suchitwa Mission, focuses on transforming waste dumping areas into green spaces to promote a cleaner and more sustainable environment.

NSS volunteers undertook the task of clearing a waste dumping area at Changalappalam, near 26<sup>th</sup> Mile, Parathode Panchayath. The area was meticulously cleaned, with waste removed and disposed of properly. Following the cleanup, the volunteers converted the space into a vibrant green garden, planting a variety of fruit trees and flowering saplings and creating a lush, eco-friendly environment.

Participants: 150

## 48. Seven Day Special Camp "Unarvu" - 25 to 31 December 2023

**2023 ഡിസംബർ 25 തീയതി**

- 9:00 AM: നവകൃഷി ക്ലബ്ബിലെ അംഗങ്ങൾ സംയുക്തമായി നിലവാരം പരിശോധന
- 2:00 PM: ക്ലബ്ബ് പ്രവർത്തനം അന്തിമ പരിശോധന
- 3:30 PM: പരിശോധനാ റിപ്പോർട്ട് സമയം

**2023 ഡിസംബർ 27 തീയതി**

- 9:00 AM: നവകൃഷി ക്ലബ്ബിലെ അംഗങ്ങൾ സംയുക്തമായി നിലവാരം പരിശോധന
- 2:00 PM: ക്ലബ്ബ് പ്രവർത്തനം അന്തിമ പരിശോധന
- 3:30 PM: പരിശോധനാ റിപ്പോർട്ട് സമയം

**2023 ഡിസംബർ 29 തീയതി**

- 9:00 AM: നവകൃഷി ക്ലബ്ബിലെ അംഗങ്ങൾ സംയുക്തമായി നിലവാരം പരിശോധന
- 2:00 PM: ക്ലബ്ബ് പ്രവർത്തനം അന്തിമ പരിശോധന
- 3:30 PM: പരിശോധനാ റിപ്പോർട്ട് സമയം

**2023 ഡിസംബർ 31 തീയതി**

- 9:00 AM: നവകൃഷി ക്ലബ്ബിലെ അംഗങ്ങൾ സംയുക്തമായി നിലവാരം പരിശോധന
- 2:00 PM: ക്ലബ്ബ് പ്രവർത്തനം അന്തിമ പരിശോധന
- 3:30 PM: പരിശോധനാ റിപ്പോർട്ട് സമയം

**25/12/2023 തീയതി**

**കാർഷിക പരിപാടി**

- 6:00 AM: യോഗ/പരിചയം
- 7:00 AM: അലംബ്ലി
- 8:00 AM: പ്രവേശനം
- 9:00 AM: ഉദ്യോഗ
- 1:00 PM: ഉദ്യോഗ
- 2:00 PM: ക്ലബ്ബ് & സെമിനാർ
- 6:00 PM: യോഗ/പരിപാടി
- 8:00 PM: അലംബ്ലി
- 9:00 PM: ക്ലബ്ബ് & സെമിനാർ
- 10:00 PM: നീന്തൽ

### Day I: 25-12-2023

The camp was inaugurated by Panchayath President Smt. Vijayamma Vijayalal, with Dr. Seemon Thomas, Principal, presiding. An ice-breaking session was conducted by Melbin Jacob, NSS Best Volunteer Award winner (2019-2020), at 6:00 pm.

### Day II: 26-12-2023

The day began at 5:30 am with Group 3 on kitchen duty, followed by a yoga session at 6:30 am. Group 5 conducted temperature checks as a COVID-19 precaution. After assembly and breakfast, volunteers cleaned the school buildings and water tanks. The afternoon was dedicated to cultural program preparations, and in the evening, Professor Bino P. Jose gave a talk on "Citizen and Responsibility." The day ended with cultural events and an evaluation session by 10:00 pm.

### Day III: 27-12-2023

Volunteers were divided into two groups: one cleaned the Botanical and Herbal Gardens at St. Dominic's College, while the other cleaned a water resource near the Panchayath office. In the afternoon, Prof. Rony K. Baby delivered a class on "The Challenges of Democracy." The day concluded with cultural events and an evaluation session, ending by 10:00 pm.

### Day IV: 28-12-2023

The morning included exercise, assembly, and breakfast, followed by cleaning the campsite and Panchayath road. In the afternoon, Sri Binoy E.V., Civil Excise Officer, led an Anti-Drug Awareness Class. The day ended with cultural events, a DJ party, and an evaluation session by 11:30 pm.

### Day V: 29-12-2023

One group participated in the "Punyam Poonkavanam" cleaning campaign at Erumeli, while another group created a vegetable garden for school children. Former NSS volunteer secretary

Sri. Melbin Jacob shared his experiences, and Dr. Sudeep gave a talk on "Nutritious Food in a Healthy Life." The day concluded with cultural events and an evaluation session by 10:00 pm.

Day VI: 30-12-2023

Volunteers conducted a Haritha Keralam survey on plastic waste disposal in 100 houses and assisted in road construction at the campsite. In the afternoon, Shri. Zacharias Njavalli led a session on "Palliative Care." The day ended with a campfire where volunteers shared their camp experiences.

Day VII: 31-12-2023

The final day began with yoga, assembly, and breakfast, followed by a thorough cleaning of the camp premises. The camp concluded with a valedictory function, where Ms. Silvy Mathew, Headmistress of Edakkunnam School, thanked the NSS team for their support in cleaning, painting, and maintaining the school.



## 49. National Adventure Camp – Himachal Pradesh

**Bhagyalakshmi Raj**, NSS volunteer from St. Dominic's College, participated in the NSS Adventure Camp for the academic year 2023-24. The camp was held at the Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports in McLeod Ganj, Dharamshala.

During the 10-day camp, Bhagyalakshmi acquired proficiency in essential adventure skills, including rock climbing, rappelling, rope ascending, river crossing, and artificial wall climbing. She completed a trek of 72 kilometers and reached an altitude of 10,500 feet. The camp also included visits to culturally significant sites in Dharamshala, such as the Tibetan Flag Point, Bhagsu Nag Waterfall, and various Buddhist monasteries.

The experience proved to be both challenging and enriching, providing valuable skills and insights to the participant.



## 50. Inclusive Kalolsavam – 5th January 2024

On 5th January 2024, the NSS unit supported the Inclusive Kalolsavam organized by BRC Kanjirapally, in celebration of World Disability Day. The event, which included a sports day and various activities, aimed to promote inclusivity and provide a platform for individuals with disabilities to showcase their talents. The NSS volunteers played a crucial role in ensuring the successful conduct of the Kalolsavam, contributing to its overall success and impact.



## 51. Appreciation from Amala Cancer Research Institute – 18th January 2024

On 18th January 2024, the NSS unit received appreciation from Amala Cancer Research Institute for their significant contributions to the Hair Bank and the successful conduct of the hair donation camp. The recognition acknowledged the college's efforts in providing valuable support through hair donations, which help in creating wigs for cancer patients. This appreciation underscores the NSS unit's commitment to community service and supporting those in need.



**52. Free Eye Camp and Cataract Surgery – 21st January 2024**

On 21st January 2024, the NSS unit of St. Dominic's College, in association with Lions Club Kanjirapally and Little Flower Eye Hospital Ankamali, organized a Free Eye Camp.

The camp provided eye examinations to 210 participants, and 21 individuals were identified as needing cataract surgery. This initiative aimed to offer essential eye care services and support to those in need, highlighting the NSS unit's commitment to enhancing community health.



**53. Voter ID Registration – Appreciation from R. Vigneswari IAS – 25th January 2024**

On 25th January 2024, the NSS unit of St. Dominic's College received appreciation from R. Vigneswari, IAS, Kottayam Collector, for their exemplary efforts in voter registration.

The unit successfully registered 111 new voters and was recognized as one of the top ten institutions in Kottayam for registering new voters. This recognition underscores the NSS unit's commitment to promoting civic engagement and enhancing electoral participation within the community.



**54. Republic Day Celebration – 26th January 2024**

On 26th January 2024, the NSS unit celebrated Republic Day with a flag hoisting ceremony followed by a cleaning campaign.

After the flag hoisting, volunteers conducted a cleaning drive along the KK roadside, enhancing the cleanliness and aesthetic of the area. This initiative combined the celebration of national pride with a commitment to community service and environmental care.



### 55. Apiculture – Honey Bee Farming by NSS Volunteers

The NSS volunteers of St. Dominic's College has launched an apiculture project focused on honey bee farming.

This initiative, led by NSS volunteers, aims to promote sustainable agricultural practices and enhance environmental conservation through the cultivation of honey bees. The project seeks to educate students about the importance of bees in pollination and the production of honey, while also contributing to local biodiversity and supporting ecological balance.



### 56. Soap Lotion Making - 28 January 2024

The NSS unit of St. Dominic's College has undertaken a soap lotion making project. This initiative involves creating handmade soap lotion, emphasizing the use of natural and sustainable ingredients.

The project not only provides practical skills for students but also promotes awareness about self-care and eco-friendly practices. Through this activity, the NSS volunteers contribute to personal wellness while supporting the college's commitment to sustainable living.



### 57. Kanal Fest – Women Empowerment and Safety Campaign – 3rd February 2024



On 3rd February 2024, as part of the "Kanal Fest" Women Empowerment and Safety Campaign organized by the Department of Women and Child Development, Government of Kerala, the NSS unit of St. Dominic's College presented debate, skit, and orientation session on women-related laws.

The events aimed to raise awareness about legal protections for women and promote empowerment and safety. Through these activities, participants engaged in meaningful discussions and gained valuable insights into women's rights and legal resources. NSS grabbed third position in District level debate competition held as part of Kanal Fest.



### 58. Voter ID Registration Camp II – 4th March 2024

On 4th March 2024, the NSS unit of St. Dominic's College organized the second Voter ID Registration Camp in association with the SVEEP and Electoral Office, Kottayam, Kerala. This camp successfully registered 85 new voters, furthering the college's commitment to promoting civic engagement and electoral participation. The initiative aimed to ensure that more eligible students and community members were included in the democratic process.



### 59. Recognition and Awards for NSS Unit 2022-2023

The NSS unit of St. Dominic's College was honored as one of the top ten NSS Units in Mahatma Gandhi University (MGU) for the academic year 2022-2023.

The unit's Programme Officer, Dr. Jojy Thomas, received the Best Programme Officer Award, and Ms. Mariamol Emmanuel was awarded the Best Volunteer Award. These awards were presented by the Higher Education Minister of Kerala, Dr. R Bindu, recognizing the unit's outstanding contributions to community service and volunteerism.



**60. MGU Team on Spot" Disaster Management Training – 23rd March 2024**

On 23rd March 2024, St. Dominic's College hosted the university-level training for the “MGU Team on Spot” Disaster Management Team.

The training aimed to equip NSS volunteers and participants with essential skills and knowledge in disaster management, preparing them to effectively respond to emergencies. This initiative underscores the college's commitment to safety and preparedness, fostering a culture of resilience within the community.



**61. Voter Awareness Programme at Govt HSS, Ponkunnam - 3 March, 2024**

The NSS unit of St. Dominic's College, Kanjirapally, organized a Voter Awareness Programme under the Systematic Voters' Education and Electoral Participation (SVEEP) initiative, in collaboration with the Chief Electoral Officer, Kottayam, at Government HSS, Ponkunnam.

The programme aimed to educate public about the importance of voting and active citizenship through interactive sessions and informative talks. NSS volunteers engaged the people in discussions, encouraging them to become responsible. They conducted a street play, demonstrating the importance of voting. The event was well-received, fostering a strong sense of civic duty among the participants.



## 62. Vote Vandi at St Dominics - Poll Demonstration for First-Time Voters 7<sup>th</sup> March, 2024

The NSS unit, in collaboration with the Chief Electoral Office, Kottayam, organized a poll demonstration for first-time voters. The event saw enthusiastic participation from many students who had recently registered as voters. NSS Volunteer Secretary Athul Krishnan provided a detailed explanation of the voting process, helping to familiarize the audience with the electoral system.



## 63. Enhancing Biodiversity: Maintenance of the Butterfly Garden

The NSS unit maintains Butterfly Garden on campus with the objective of promoting environmental conservation and biodiversity. This initiative aimed to create a healthy habitat for butterflies, enhancing the ecological balance within the college premises. Through regular upkeep, the volunteers not only preserved the garden's beauty but also provided a learning space for students to understand the importance of preserving natural habitats and fostering a connection with nature.



## 64. Monthly Mega Cleaning Campaign at St. Dominic's College

The NSS unit of St. Dominic's College, Kanjirapally, has launched a monthly Mega Cleaning Campaign aimed at maintaining campus cleanliness and promoting environmental responsibility. On the first Saturday of every month, NSS volunteers actively participate in removing waste from the campus, separating it into biodegradable and non-biodegradable categories.

The plastic waste collected is handed over to Haritha Karma Sena for proper disposal and recycling. This initiative has significantly enhanced the cleanliness of the campus and fostered greater environmental awareness among students. The NSS unit is committed to continuing this campaign throughout the academic year.



**65. Civil Station Cleaning Drive - 24<sup>th</sup> March 2024**

The NSS unit of St. Dominic's College, Kanjirapally, organized a cleaning drive at the Kanjirapally Mini Civil Station. Volunteers worked diligently to clean the surroundings, removing waste and enhancing the overall hygiene of the area. This initiative not only improved the cleanliness of the Civil Station but also demonstrated the NSS commitment to community service and environmental stewardship. The effort was well-received by the local community and reinforced the importance of maintaining public spaces.



**66. Bio Diversity Park at Campus**

The NSS unit of St. Dominic's College, Kanjirapally, maintains a Bio Diversity Park at the college. Volunteers participated in activities such as clearing invasive plants, pruning trees, and ensuring the overall upkeep of the park. This effort was aimed at preserving the park's ecological balance and enhancing its aesthetic appeal. The maintenance drives contributed to the park's health and supported its role as a valuable resource for environmental education and conservation.



**67. Drainage Canal Cleaning at Campus**

**68. Summer Pots – Feed the Voiceless Campaign**



### 69. Snehaveed – Construction of 14 Houses

In a remarkable display of community service and dedication, the National Service Scheme unit of St. Dominic's College, Kanjirapally, has successfully undertaken the construction of 14 houses under the Snehaveed Project. This initiative was executed in collaboration with the MG University NSS Cell and the K. Chittilappally Foundation.

It is an ambitious undertaking aimed at providing safe and durable housing for underprivileged families. The project's objective is to improve living conditions and enhance the quality of life for those in need.

The new houses have significantly improved the living conditions of the recipient families. The project has fostered a sense of security and stability among the beneficiaries, contributing to their overall well-being.

The successful completion of the project was made possible through the collaborative efforts of the NSS unit, MG University NSS Cell, and K. Chittilappally Foundation.

The NSS unit's involvement in the Snehaveed Project exemplifies its commitment to social service and community development. By constructing 14 houses and investing ₹78 lakhs into this initiative, the NSS has made a substantial contribution to improving the lives of underprivileged families. The project stands as a testament to the positive impact of dedicated service and collaboration in creating durable assets for those in need.





# राष्ट्रीय केडेट कोर NATIONAL CADET CORPS



Company No.6, 15 (K) BN Army Wing NCC ,Thiruvalla  
St.Dominic's College, NCC, Kanjirappally

National Cadet Corps (NCC) is the biggest youth organization in the country which aims to create organized, trained and motivated youths by developing qualities of leadership, team spirit, secular outlook, selfless services and spirit of adventure. NCC Army Unit of St. Dominic's College comes under 15 Kerala Battalion NCC Thiruvalla. Dr Gipson Varghese is the Officer (ANO) of NCC unit of the College. The unit has the sanctioned strength of 103 cadets. On 8<sup>th</sup> August 2023, the NCC Unit was inaugurated by the Lt Colonel Sunil Pillai, Administrative Officer of 15 Kerala Battalion NCC Thiruvalla.





NCC unit in the college conducts parade on all Saturdays and students are given theoretical and practical lesson on all Mondays and Wednesdays. In addition to college activities, students are being posted in various official duties like Special Police Officers for Sabarimala Pilgrimage and General Elections. Special events are conducted at the college on various occasions and special guests often visit the college. One among them was the visit of Major Ravi, the famous film director.







One of the major event took place in this academic year was the Combined Annual Training Camp of the 15 Kerala Battalion NCC Thiruvalla conducted at the college from 9<sup>th</sup> April 2024 to 19<sup>th</sup> April 2024. The 10 days camp was attended by more than 600 cadets. The camp conducted training on map reading, obstacle training, best cadet selection, drill and various classes on socio-cultural importance were given to cadets during the camp.



